



SPRING

2005

LEISURE

GUIDE

ENRICHING LIVES!

SOUTH JORDAN CITY
PARKS & RECREATION DEPARTMENT

SPRING 2005 LEISURE GUIDE

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HOW TO REACH US...

City Hall.....	254-3742
Community Center.....	254-9888
Leisure, Aquatic & Fitness Center.....	253-5236
Mulligan's.....	254-3377
Parks.....	253-5230
Seniors.....	302-1222
Sports Hotline.....	253-PLAY

RECREATION PARTNERS

USA Soccer.....	254-9158
Babe Ruth Baseball.....	253-1337
Ute Football.....	254-6120

CITY COUNCIL

Kent Money.....	Mayor
Leona Winger.....	Council District 1
Bradley G. Marlor.....	Council District 2
Mary Wenner.....	Council District 3
David W. Colton.....	Council District 4
Ann Gayheart.....	Council District 5

APPOINTED OFFICIALS

Ricky A. Horst.....	City Manager
Lindsay Shepard.....	Public Safety
Gary Whatcott.....	Community Development
Rob Wall.....	Public Services
Larry Ipson.....	Chief Financial Officer
John Geilmann.....	City Attorney

Please contact the Leisure, Aquatic & Fitness Center (253-5236) or check out our web site at: (www.sjc.utah.gov) for information and instructions about renting one of our park pavilions.



**COMING SOON TO A
CITY PARK NEAR YOU...
South Jordan City Skate Park**

10866 S Redwood Road
Watch for more information
regarding the Grand Opening
of your newest recreation
facility. Spring 2005!

WWW.SJC.UTAH.GOV



R= RESIDENT NR = NON-RESIDENT

PARK INFORMATION

NEW PARK DEVELOPMENT SPRING 2005

South Jordan City offers a high quality parks and recreation system with diverse facilities that meet the diverse recreational interests of residents. The City is rich in park land with more than 240 acres of parks. Three new parks are under development and will be available this spring.

JORDAN RIDGE PARK

located at 9500 South 2200 West

10.7 acre neighborhood park

playground equipment

play area

2 tennis courts

picnic pavilions

walking trail

restrooms (planned)

OQUIRRH SHADOWS PARK

located at 10200 South 4000 West

19.8 acre special use park

- soccer fields and football

- playground equipment

- walking trail

- restrooms

- concessions

PROSPECTOR PARK

located at 10150 South 2200 West

3.2 acre neighborhood park

- playground equipment

- play area

- basketball court

- picnic pavilions

- walking trail

- restrooms

**PLEASE HELP US TAKE CARE
OF YOUR PARKS!**

SOUTH JORDAN CITY PARK AMENITIES

Park	Address	Tot Lots	Restrooms	Main Pavilions	Satellite Pavilions	Tennis Courts	Volley Ball	Horse Shoes	Water Fountain	B-Ball Courts
Ascot Downs Park	10200 S 4150 W	1		1					1	
Bolton Park	10129 S 4525 W	1								
Cemetery	1055 W 10650 S								1	
City Park	10878 S Redwood Rd	2	4	1	4	6	1	1	5	
Country Crossing Park	11650 S 4300 W	1		1						
Dunsinane Pond	9530 S Dunsinane Dr								1	
Gateway Park	10600 S 290 W									
Glenmor Field	4400 W Skye Dr	1	1							
Jordan Ridge Park	9500 S 2200 W	1		1	4	1				
Kilmur Park North	4660 W 9500 S									
Kilmur Park South	4660 W 9500 S									
Lucas Dell Park	11400 S Lucas Ln									
Memorial Park	10860 Redwood Rd									
Mulligan's	692 W 10600 S		2							
Midas Creek Pond	11000 S 900 W								1	
106th South Pond	10600 S Jordan Pkwy									
Prospector Park	10150 S 2200 W	1	1	1					1	
Oquirrh Shadows Park	40000 W 10200 S	1	1		3				1	
River Front Park	10600 S Jordan Pkwy	2	3	2	8		1		2	
Shields Lane Park	900 W Shields Lane									
Skye Park	4800 W Skye Dr	1		1					1	1
South Ridge Pond	4300 W 9945 S									
Stone Haven Park	9995 S 4075 W	1		1		1	1	1		
Triangle Park	9790 S 4300 W	1								1
Yorkshire Park	4180 W 9790 S	1								
TOTAL		15	12	9	19	8	3	2	14	2

LEISURE, AQUATIC & FITNESS CENTER

WATER FITNESS CLASSES

Water exercise programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water.

Classes are 1 hour in length (unless specified)



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Shallow Water Aquacise	Deep Water Aquacise	Shallow Water Aquacise	Deep Water Aquacise	Shallow Water Aquacise	
8AM						Deep Water Aquacise
10AM	Deep Water Aquacise	Deep Water Aquacise	Deep Water Aquacise	Deep Water Aquacise	Deep Water Aquacise	
8PM	Combo Water Aquacise	Combo Water Aquacise	Combo Water Aquacise	Combo Water Aquacise		

WATER FITNESS CLASS DESCRIPTIONS

TUE/THURS- 6-7am DEEP CLASS
INSTRUCTOR- TAMARA ZANDER

Aqua Body Conditioning: A deep water class that focuses on muscle conditioning and toning. Includes advanced ab workout, and targets improving posture and cardiovascular endurance.

TUESDAY AND THURSDAY 10-11am & SATURDAY 8-9am DEEP CLASS
INSTRUCTOR- REVERLY WATSON

Cardio Maniac: Excellent workout for everyone! An intense cardio and strength class, using floatation belts and/or mini floatation cuffs, floatation hand buoys, and resistance tubing. Some interval cardio will also be applied. You don't have to be in great shape for this class, just work at your own level and increase your endurance as you attend each time. Let's work it up together!

WEDNESDAY 10-11am, DEEP CLASS
INSTRUCTOR- HOPE BRERETON

Deep Water: Take the impact out of your workout using water resistance for a great fat burning, muscle toning cardio that is done entirely in the deep-end. Floatation belts are provided.

MONDAY 8-9pm, COMBO CLASS
INSTRUCTOR- HOPE BRERETON

Forty/20: Forty minutes of cardiovascular work done in the deep end and 20 minutes of circuit training done in the shallow end. This is a great class for anyone wanting a full water workout!

MONDAY AND FRIDAY 10-11am

Deep Water: Take the impact out of your workout using water resistance for a great fat burning, muscle toning cardio that is done entirely in the deep-end. Floatation belts are provided.

TUE/WED/THURS- 8-9pm COMBO CLASS
INSTRUCTOR- REVERLY WATSON

30/30: A shallow and deep water combo class using floatation belts and/or mini floatation cuffs and resistance tubing for cardiovascular and strength training all in 60 minutes. Decreased impact for 30 minutes in the shallow water and no impact for 30 minutes in the deep water. A great combination class with a positive flow and a great stretch- great for all levels of fitness!

MONDAY AND WEDNESDAY 6-7am, SHALLOW
INSTRUCTOR- REVERLY WATSON

A.M. Smart Start: A great way to start your day and head off to work. A fabulous one hour calorie burning, cardiovascular and strength workout. Focuses on improving: flexibility, muscular strength, cardiovascular endurance, and posture. Will utilize hand buoys, resistance tubing, and mini floatation cuffs. Come prepared to sweat! Great for all levels of fitness, just work at your own level.

FRIDAY 6-7am, SHALLOW CLASS
INSTRUCTOR- MARGARET WARD

The Works: A low intensity class that focuses on toning, cardiovascular endurance and flexibility.

PRICES	Single Visit	10 Pass Card
PASS HOLDER	\$3	\$20
RESIDENT	\$4	\$27
NON-RESIDENT	\$5	\$34
SENIOR	\$3	\$20

LEISURE, AQUATIC & FITNESS CENTER

SWIMMING LESSON SCHEDULE

MORNING AND AFTERNOON SESSIONS

Session	Dates	Week 1	Week 2	Week 3	Session Fees
1	March 7th - March 18th	MWF	MWF		\$24 R/\$26 NR
2	March 30th - April 15th	WF	MWF	MWF	\$36 R/\$38 NR
3	April 18th - May 6th	MWF	MWF	MWF	\$36 R/\$38 NR
4	May 9th - May 20th	MWF	MWF		\$24 R/\$26 NR
5	May 23 - June 10th	MWF	WF	MWF	\$32 R/\$34 NR

SATURDAY SESSIONS

Session	Dates	Session Fees
1	March 12th - April 16th	\$24 R/\$26 NR
2	April 30th - June 11	\$24 R/\$26 NR

Pre-levels, Level 1– Level 3 classes are limited to five students. Level 4– Level 6 classes are limited to six students. Our parent-tot classes are limited to fifteen students. There must be at least 2 students in a class for the class to carry. We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits or refunds or make-ups. For safety reasons spectators are not allowed to sit on the pool deck. Dressing rooms and lockers are available.

Class	Description	Times
Parent & Tots	6 months - 3 years	Mornings: 11:40-12:10pm Saturdays: 10:20-10:50am
Pre-Level 1 (ages 3-5 years)	Water Exploration	Mornings: 10:20-10:50am, 11:40-12:10pm Evenings: 4:00-4:30pm Saturday: 9:40am-10:10am, 11:00-11:30am
Pre-Level 2 (ages 3-5 years)	Primary Skills	Mornings: 9:40-10:10am, 11:00-11:30am Evening: 4:40-5:10pm Saturday: 9:00-9:30am
Level 1 (ages 4+)	Water Exploration	Mornings: 9:40-10:10am, 12:20-12:50pm Evening: 4:40-5:10pm Saturday: 10:20-10:50am
Level 2 (ages 4+)	Primary Skills	Mornings: 10:20-10:50pm, 11:00-11:30am Evening: 4:00-4:30pm Saturday: 9:40-10:10am, 11:00-11:30am
Level 3	Stroke Readiness	Mornings: 9:40-10:10am, 10:20-10:50am, 11-11:30am Evening: 4:00-4:30pm, 4:40-5:10pm Saturday: 9:00-9:30am, 11:00-11:30am
Level 4	Continued Stroke Development	Mornings: 9:00-9:30am, 12:20-12:50pm Evenings: 5:20-5:50pm Saturday: 9:00-9:30am
Level 5	Continued Stroke Development	Mornings: 9:00-9:30am, 11:40-12:10pm Evenings: 5:20-5:50pm Saturday: 9:40-10:10am
Level 6	Skill Proficiency	Mornings: 9:00-9:30am, 12:20-12:50pm Evenings: 5:20-5:50pm Saturday: 10:20-10:50pm


*Times and dates are subject to change without notice.

Please contact Jessica Sims, Aquatics Coordinator for information regarding adaptive aquatic individual swimming lessons.

LEISURE, AQUATIC & FITNESS CENTER

GROUP FITNESS SCHEDULE

Group Fitness Fees are the same as Water Fitness on page 3.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM	Muscle Max With Jenni	Step With Bobbi	Muscle Max With Jenni	Cycling With Lisa P.	Total Body With Bobbi	
7AM		Cycling With Shanna		Cycling With Shanna		Step With Bobbi
8AM	Circuit Training With Bobbi		Circuit Training With Bobbi			PIYO With Porsche
9AM	Cycling With Bobbi	Yoga With Deb	Cycling With Bobbi	Yoga With Deb	Cycling With Danielle	
NOON						
4:30PM	Fitness Kids With Lisa H.		Fitness Kids With Lisa H.			
5:30PM	Buns & Abs With Danielle		Buns & Abs With Lisa H.			
6PM	Sport Cycling With Danielle	TurboKick With Porsche	Step With Lisa H.	Kickboxing With Danielle		
7PM	Yoga With RaDene	Group Weight Lift With Porsche	Yoga With RaDene	Cardio Hip Hop With Danielle		

GROUP FITNESS CLASS DESCRIPTIONS

MUSCLE MAX: Power movement and strength training used to define all major muscle groups of the body. May include the use of weights, bands and body bars.

STEP: This class will use a step platform to provide a high intensity, low impact workout.

CYCLING: Great music and enjoyable drills make group cycling a fun cardiovascular workout. Each person can fine tune the workout to his or her level of fitness. This class will provide a variety of terrain that is easy enough for everyone to follow but can also be an intense cardiovascular workout. Proper alignment, body mechanics and goal specific training will be taught in this class.

TOTAL BODY: Total Body conditioning is a combo of good cardio fun followed by exercises to tone and sculpt your body. This class is designed to leave you feeling stronger and more focused. You will love this total body workout!

CIRCUIT TRAINING: A cardiovascular workout with circuit intervals that includes both strength and cardiovascular stations.

PIYO: This is a combination of both Yoga and Pilates. PIYO allows you to move at a decent tempo from one pose to another, and from exercise to exercise. Some of the exercises are performed while seated, and some while standing.

YOGA: The gentle movements of yoga can help relieve anxiety, back pain, indigestion, insomnia, etc... Beginners are welcome! All materials are provided, so come relax and have fun, you deserve it!

FITNESS KIDS: This is an aerobic workout for kids who want to work out with tons of fun and movement! This class is a great way for children to improve coordination, speed, memory, balance and rhythm!

BUNS & ABS: A toning class which focuses on the muscles of the core and lower body.

SPORT CYCLING: This class will combine cycling with other facilities in the building. Such as the track the weight room and more... If you like to cycle but don't want a full hour on the bike this is the class for you!

TURBOKICK: A nonstop workout for all levels focusing on stamina with an up beat tempo, lower body kicks, upper body jabs and punches.

KICKBOXING: This class is designed to improve strength and endurance by incorporating kickboxing moves and high intensity cardiovascular training. We will use jump ropes, boxing gloves and boxing bags to make the class lots of fun!

GROUP WEIGHT LIFT: This class is all about strength training used to define all major muscle groups of the body. We will use weights, bands and body bars.

CARDIO HIP HOP: This is an all cardiovascular class with fun and easy dance moves to increase your heart rate. The instructor will break down and repeat each move until everyone understands each step! This class is so much fun you will forget you are working out!

TOT PROGRAMS

TINY - TOT DANCE

Your child will begin to explore the basics of movement and dance. Students will work on listening skills and sharing with others without parental assistance. Class consists of hopping, turning, and fun dance games to build coordination and flexibility. Students will learn dance routines that they can perform! Spring performance will be held in May. Please see instructor for performing details. Sorry, no parents in the room during dance time. Fees are paid monthly and classes are held year round.

Location: Fitness Center
Instructor: Kristyn Powell
Start Days: March 1/April 5/ May 3

CREATIVE MOVEMENT

Day/Time: Tuesday/4:05pm - 4:30pm
Day/Time: Tuesday/4:35pm - 5pm
Age: 2 - 4 yr olds
Fee: \$18 R/\$20 NR
Min/Max: 4/10

JAZZ/BALLET

Day/Time: Tuesday/5pm - 5:45pm
Age: 3 - 6 yr olds
Fee: \$22 R/ \$24 NR
Min/Max: 4/12



"WEE SING"

Register your child for this class and they will learn song & dance numbers! This class is perfect for your little performer. They will be very active in this fun, yet structured class. Register early!

Location: Community Center
Instructor: Debbie Newman
Start Days: March 2/April 6/May 4
Day: Wednesdays
Age: 2 - 6 years old
Time: 10am - 10:30am
Time: 1:30pm - 2pm
Fee: \$15 R/\$17 NR
Min/Max: 3/10



BALLET & TAP DANCE

These tot programs will focus on teaching elementary dance movements in classical ballet and tap. Students will develop rhythm and coordination, listening skills and creativity. Come Join in the FUN! Fees are paid monthly. Please no parents in the room during class time.

Location: Community Center
Instructor: Jackie Nuttall
Start Days: March 3/April 7/May 5

PRE-BALLET

Day/Time: Thursdays/4pm - 4:30pm
Age: 3-5 yr olds
Fee: \$18 R/\$20 NR
Min/Max: 4/12

KINDER-BALLET

Day/Time: Thursdays/4:30pm - 5pm
Age: 5-6 yr olds
Fee: \$18 R/\$20 NR
Min/Max: 4/12

BEGINNING TAP 1 & 2

Day/Time: Thursdays/5pm - 5:30pm
Age: 4-7 yr olds
Fee: \$18 R/\$20 NR
Min/Max: 3/12

KARATE

Karate provides an excellent physical workout while teaching self defense, regardless of strength, height, age, or gender. It also instills self-confidence, discipline and self-control. Advanced technique will be taught as the participant skill level progresses.

Location: Fitness Center
Instructor: Darren Cox
Start Days: March 3/April 7/May 5
Day: Thursdays
Time: 3:40-4:25 pm
Age: 2 - 5 year old beginners
Fee: \$30 R/\$32 NR
Min/Max: 6/30

TOT PROGRAMS

"MOM & ME" GYM

Come and explore the basics of gymnastics. Parents will assist their children in a class setting and show them how to participate with the guidance of instructor. We will work on coordination, balance, strength and body awareness.

Location: Community Center
Instructor: Jamie Nordberg
Start Days: March 1/ April 5/May 3
Day: Tuesdays
Age: 2 - 3 yrs w/ parent
Time: 10:45am - 11:25am
Fee: \$30 R/\$32 NR
Min/Max: 3/12

TODDLER GYM

Come and explore the gymnastic basics! Work on your coordination, balance, strength and spatial awareness. Fees are paid monthly and classes are on-going! Participants must be 3 years old.

Location: Community Center
Instructor: Jamie Nordberg
Dates: March 1/ April 5/May 3
Day: Tuesdays
Time: 10am - 10:40am
Age: 3 yr olds
Fee: \$30 R/\$32 NR
Min/Max: 3/9

KINDER GYM

Learn the basics of gymnastics! Handstands, cartwheels, rolls and basic tumbling skills. Work on strength, coordination, balance and flexibility. All fees are paid monthly and classes are on-going.

Location: Community Center
Instructor: Jamie Nordberg
Start Days: March 1/ April 5/May 3
Day/Time: Tuesdays/9:15am-9:55am
Age: 4 - 6 yr olds
Fee: \$30 R/\$32 NR
Min/Max: 3/9

~OR~

Location: Community Center
Instructor: Kelly Miner-Jennings
Dates: March 2/April 6/May 4
Day/Time/Beginner: Wed./2:45pm - 3:30pm
Day/Time/Intermed: Wed/3:30pm - 4:15pm
Age: 4 - 6 yr olds
Fee: \$30 R/\$32 NR
Min/Max: 3/9

START SMART

Start Smart is a Parent/Child Sport Development Program established by the National Alliance for Youth Sports (NAYS) for 3 - 5 year old children to prepare them for organized sports. Using age appropriate equipment, children will participate in various stations that work on; throwing, catching, kicking, dribbling, hitting and more. All youth participants will receive a t-shirt.

Location: Fitness Center
Instructor: Monica Chiarenza
Session 1: March 2 - April 6, 2005
Session 2: April 13 - May 18, 2005
Day/Time: Wednesdays/5:45pm-6:45pm
Age: 3 - 6 years old/with parent
Fee: \$30 R/\$32 NR
Min/Max: 4/8



JC SOCCER

Learn soccer skills while playing the game! Learn everything from handling the ball to the rules. Bring a soccer ball and water bottle. All participants will receive a soccer medal. Register early!

Location: Fitness Center
Instructor: James Carter
Start Days: March 1/April 5/May 3
Day: Tuesdays
Time: 5pm - 5:45pm
Age: 4-6 yr olds
Fee: \$22 R/\$24 NR
Min/Max: 6/14



TOT PROGRAMS

KINDERMUSIK, VILLAGE

Kindermusik Village provides a delightful environment unlike any other. An engaging experience of learning and bonding with baby. Through a unique blend of multi-level activities that includes creative movement, vocal play, object and instrument exploration and a colorful literature component.

Hickory, Dickory, Tickle & Bounce encourages baby's language development through the rhythmic nature of favorite childhood nursery rhymes. Using basic American Sign Language, parents are offered a new way to communicate with baby before they are ready to verbally talk. The Rhythm of my Day is highlighted by the concept of family's daily rituals and routines. Songs and activities are designed to help baby and parent incorporate music into many of their regular activities.

Location: Community Center
Instructor: Nancy Volpa
Session Dates: March 3, 10, 17, 24, 31, April 7, 14, 21, 28, May 5, 12, 19, 26, and June 2
Day/Time: Thursdays/9:30am-10:15am*
Age: Birth to 18 months
Fee: \$105 R/\$107 NR
Home Materials: \$70 includes 2 CD's, 2 books, 2 baby's home journals with weekly home activities, art banners, and 2 tote bags.
Min/Max: 5/10



KINDERMUSIK POLICY

*Due to the unique nature of this wonderful curricula and the setting of this class, siblings cannot be accommodated. (Newborns in infant seats are the exception.)

**Kindermusik International requires ALL students to purchase Home Materials regardless of when they join the class. Tuition may be pro-rated for children joining class in the middle of a session.

***Sibling kits are available at a reduced price for families with more than one student enrolled in the same class.

KINDERMUSIK, OUR TIME

Our Time encourages each child to uncover an engaging musical world while building confidence, self-control and communication skills. Fiddle-dee-dee takes its name from the beloved folk song about the fly who married the bumblebee, and the theme of "fiddling around" is present throughout the session. Creatures from the animal kingdom, whether furry, web-footed, winged or whiskered are explored in Fiddle-dee-dee!

Location: Community Center
Instructor: Nancy Volpa
Session Dates: March 3, 10, 17, 24, 31, April 7, 14, 21, 28, May 5, 12, 19, 26, and June 2
Day: Thursdays
Age: 18 months - 3 1/2 yrs old
Time: 10:30am - 11am*
Time: 11:15am - 11:45am*
Fee: \$105 R/\$107 NR
Home Materials: \$60 includes 2 CD's, 2 books, home activity guide, a fun instrument, and a cute box to carry everything in.
Min/Max: 5/10 in each time slot

KINDERMUSIK, IMAGINE THAT

Imagine That takes you and your child on an incredible musical journey of discovery and exploration, limited only by the power of imagination. Singing becomes a focus for enhancing your preschooler's vocal development as their expressive language is just beginning to emerge. Pretend play activities are integrated with music, vocal development, storytelling, movement and literature to capture your child's potential to learn and to encourage her cognitive and literacy skills, creativity and individuality.

Cities! Busy Places – Friendly Faces transports the child into a Kindermusik city, where ordinary sounds and sights on the street make a musical ensemble. Using Kindermusik's visual tools and home activities, we'll create our own city that's familiar, yet like no other.

Location: Community Center
Instructor: Nancy Volpa
Session Dates: March 3, 10, 17, 24, 31, April 7, 14, 21, 28, May 5, 12, 19, 26, and June 2
Age: 3 1/2 - 5 yrs old
Day/Time: Thursdays/12:15pm - 1:00pm*
Fee: \$105 R/\$107 NR
Home Materials: \$70 includes 2 CD's, a backpack, 2 books, a home activity guide, a unique Kindermusik gameset, and a fun instrument.
Min/Max: 5/10

YOUTH PROGRAMS

KARATE

Karate provides an excellent physical workout while teaching self defense, regardless of strength, weight, age, or gender. It also instills self confidence, discipline and self-control. Advanced technique will be taught as the participants skills progress. Contact the instructor regarding uniforms. Fees are paid monthly and classes are ongoing.

Location: Fitness Center
Instructor: Darren Cox
Start Days: March 3/April 7/May 5
Day: Thursdays
Time: 4:30pm - 5:15pm
Age: 5 & up Beginners
Time: 5:20pm - 6:05pm
Age: 7 & up Intermediate
Time: 6:10pm - 6:55pm
Age: 7 & up Intermediate
Fee: \$30 R/\$32 NR
Min/Max: 6/30

GUITAR LESSONS

Have you ever wanted to play the guitar? Well here is your chance! This class will include learning chords, tablature, tuning, changing strings, and much more. Participants need a 6 string guitar and pick. Fee includes all required materials.

Location: Community Center
Instructor: Alan Leidig
Start Days: April 5/May 3
April 6/May 4
Beginners: Tuesday/7:45pm - 8:30pm
Int./Advanced: Wednesday/7:45pm - 8:30pm
Age: 12 & up
Fee: \$26 R/\$28 NR
Min/Max: 4/15



JC SOCCER

Learn soccer skills while playing the game! Learn everything from handling the ball to the rules. Bring a soccer ball and water bottle. All participants will receive a soccer medal. Register early!

Location: Fitness Center
Instructor: James Carter
Start Days: March 1/April 5/May 3
Day: Tuesdays
Time: 5:50pm - 6:35pm
Age: 7-9 yr olds
Fee: \$22 R/\$24 NR
Min/Max: 6/14

GYMNASTICS LEVEL 1 & 2

Learn gymnastics skills! Handstands, cartwheels, rolls & bar skills. Coordination, balance, strength & flexibility. To register for Level 2 participants must have a basic knowledge of gymnastic terminology. All fees are paid monthly.

Location: Community Center
Instructor: Kelly Miner-Jennings
Start Days: March 2/April 6/May 4
Time/Day: 4:30pm-5:25pm/Wed/Level 1
Time/Day: 5:30pm-6:25pm/Wed/Level 2
Age: 7 & up
Fee: \$30 R/\$32 NR
Min/Max: 4/12

CHEER TUMBLING

These classes are designed to progressively teach students skills that are more specifically tailored for cheerleading. Round-off-back-hand-springs, backtucks, and aerial cartwheels are a few of the tumbling skills that will be taught. Each student will feel comfortable learning at their own pace and skill level.

Location: Community Center
Instructor: Elle & Brandon Justice
Start Days: March 4/ April 1/May 6
Day: Fridays
Time: 4pm - 5pm/Beginners
Age: 6 - 10 yrs old
Time: 5pm - 6pm/Intermediate
Age: 9 - 16 yrs old
Time: 6pm-7pm/Try-Out Prep Class
Age: 9 - 16 yrs old
Fee: \$30 R/\$32 NR
Min/Max: 5/15

YOUTH PROGRAMS

DANCE

This performing dance group will introduce your child to a variety of movement and dance styles. Students will work on flexibility, technique, strength, and performing skills. Spring performance and competitions will start in May. See instructor for performing details. Come have fun while performing, learning, and making new friends. Fees are paid monthly & classes are year round.

Location: Fitness Center
Instructor: Kristyn Powell
Start Days: March 1/April 5/May 3

INT. JAZZ/BALLET*

Day/Time: Tue/5:45pm - 6:30pm
Age: 6-8 yr olds
Fee: \$22 R/\$24 NR
Min/Max: 4/12

JAZZ/HIP-HOP

Day/Time: Tue/6:30pm - 7:35pm
Age: 9-13 yr olds
Fee: \$25 R/\$27 NR
Min/Max: 4/14

SOUTH JORDAN DANCE TEAM*

Day/Time: Tue/7:30pm - 9pm
Age: 10 - 18 yr olds
Fee: \$28 R/\$30 NR
Min/Max: 4/18

* Must have instructors permission to register for these classes.



URBAN FISHING CLUB

You'll get reeled in with this program! This program lasts two hours each week; the first 30 minutes spent with an instructor learning different fishing techniques and habitat needs. The remaining hour and a half is spent fishing with the instructor. "Catch the Excitement!"

Location: Midas Pond
920 W. 11200 S.
Dates: April 6 - May 25, 2005
Days: Wednesdays
Time: 6pm - 8pm
Age: 6 - 13 yr olds
Fee: \$12 R/\$14 NR
Max: 50

BALLET 1

These dance classes will teach classical ballet. All classes will work on flexibility, strength, coordination, rhythm, counting to the music and technique. All ballet classes will follow traditional teaching methods including barre, centre and allegro (jumps and leaps) work. Come make new friends, learn a new skill and join in on the fun! Fees are paid monthly.

Location: Fitness Center
Instructor: Jackie Nuttall
Dates: March 3/April 7/May 5
Day: Thursdays
Time: 5:30pm - 6:20pm
Age: 8-11 yr olds
Fee: \$23 R/\$25 NR
Min/Max: 4/12

FANTASY ART

Register for this class and you will learn to draw castles, dragons, fairies, Lord of the Rings characters and much more! This class will emphasize realism in size, shape, shading and proportion. Special effort will be made to accomplish realism in facial features. Media will include sketching and watercolor. Register early, space is limited. Fees are paid monthly.

Location: Community Center
Instructor: Katrina Nelson
Dates: March 4/April 1/May 6
Day: Fridays
Time/Age: 3pm - 4pm/6-11 years old
Time/Age: 4pm - 5pm/12 & up
Fee: \$25 R/\$27 NR
Material Fee: \$10 paid to the instructor
Min/Max: 4/12



ADULT PROGRAMS

LIVE OAK DOG OBEDIENCE

This course is open to all breeds of dogs 4 months and older. All obedience exercises including: heel, sit, down, stay, and come will be covered. Classes will be held in a group setting to promote socialization. Corrections for all behavior problems will be discussed. The first class is an orientation without your dog. Certification of current shots are required at the first class session.

Location: Community Center
Instructor: Jan Perkins
Session 1: March 8 - April 26
Session 2: May 3 - June 21
Day/Time: Tuesdays/7pm - 8pm
Age: 16 yrs old & up
Fee: \$80 R/\$82 NR
Min/Max: 8/20



PARENTING WITH LOVE & LOGIC

Put the fun back into parenting! Develop a great relationship with your children while letting them live with the consequences of their actions. No need to yell, become a Love & Logic parent!!

Location: Community Center
Instructor: Gale Winkler
Session 1: March 31 - May 5
Day: Thursdays
Time: 7pm - 9pm
Fee: \$30 R/\$32 NR
 \$50 per couple R/\$52 NR
 \$10 manual fee paid to the instructor
Min/Max: 6/20

BALLET FIT

Shape up the fun way! Dance! Join our adult ballet class and have fun shaping your body into a long, lean dancer's body. Start out class with a nice traditional barre warm up and stretching. Then move centre for allegro work (jumping). We learn fun things to move yourselves across the floor and finish with learning a dance. Come have fun while learning proper ballet technique, and finally enjoying working out!

Location: Fitness Center
Instructor: Jackie Nuttall
Start Days: March 2/April 6/May 4
Days: Wednesdays
Time: 8:30pm - 9:30pm
Fee: \$28 R/\$30 NR
Min/Max: 4/15



Please let us know if you have comments or suggestions regarding our programs. Thank you!

BEAD WORKSHOPS

Location: Community Center
Instructor: Rebecca Kern
SPRING & EASTER JEWELRY

Welcome spring with a new necklace and bracelet set. Use pastel crystal beads with silver lady bugs, dragonflies or daisy beads. Daughters under age 18 can attend free with their mother.

Date: Saturday, March 19
Time: 10pm - 1pm
Fee: \$3 R/\$5 NR
Min/Max: 6/25

FREE TUITION OPEN READING

Enroll Now! This class will fill up fast. There is no tuition for this class. Supplies will be available for you to make; earrings, bracelets, necklaces, anklets, book markers, watches and more!

Date: Tuesday, April 15th
Time: 6pm - 8:30pm
Fee: FREE
Min/Max: 6/25

BIRTHSTONE BRACELETS

Just in time for Mother's Day, make a gorgeous bracelet for a special lady with all of the birthstones of their children. Each bracelet costs about \$10 for non-sterling and about \$20 for sterling silver. Be sure to bring a list of children and their birth months as well as the recipients wrist size to this class. This bracelet is quick and easy to make!

Date: Wednesday, May 4th
Time: 6pm - 8:30pm
Fee: \$3 R/\$5 NR
Min/Max: 6/25

BOXSAGE

Boxsage is a new approach in reducing stress in our daily lives. This class combines basic beginner's boxing, Muay Thai (Thai Boxing), seated meditation, chair massage and the Blues! It is a great way to learn basic beginner's boxing/kickboxing skills. Finish the workout with savasana, seated meditation and an optional chair massage. The intensity of this program is medium to heavy. Fees are paid monthly.

Location: Community Center
Instructor: Alan Vida
Start Days: March 2/April 6/ May 4
Day: Wednesdays
Time: 6:30pm - 7:45pm
Fee: \$35 R/\$37 NR
Min/Max: 3/6

ADULT ATHLETICS

ADULT SLOW PITCH SOFTBALL (SPRING/SUMMER '05)

Our program offers an excellent recreational opportunity for Men's D1, Men's D2 and co-ed adult slow pitch Softball leagues at South Jordan City Park Softball Complex. Emphasis is placed on a recreational atmosphere. Our leagues are organized, conducted and administered under National Softball Association (NSA) guidelines and provide an equal competition environment.

DOUBLE HEADER

Leagues will take place at South Jordan City Park Softball Complex. Double headers consist of 7 weeks of double header games and a single elimination tournament.

SINGLE HEADER

Leagues will take place at South Jordan City Park Softball Complex. Single headers consist of 14 weeks of single games and a single elimination tournament.

Cost:	\$400 Resident Team (\$475 Non-Resident Team)
Includes:	Sanction Fee, Umpires, Softballs, 1st & 2nd place awards and post season tournament.
Play Starts:	Monday, April 4th or Wednesday, April 6th
Location:	South Jordan City Park Fields
Min/Max:	8 Teams Minimum



Field	Night	League	Format
1	Monday	Men's D1	Single Headers
2	Monday	Men's D2	Single Headers
3	Monday	Men's	Double Headers
4	Monday	Men's	Double Headers
3	Wednesday	Co-ed	Single Headers
1	Wednesday	Men's D1	Single Headers
2	Wednesday	Men's D2	Single Headers

REGISTRATION

Registration will take place February 10th - March 18th (or until leagues are filled) Registration is on a first come first serve basis. All registration will take place at the Community Center from 8:00am -5:00pm.

* Resident status teams must bring with them an original roster (available on the web site) with proof that 75% of the players are South Jordan City Residents. Examples of proof are a copy of a drivers license, water bill or electric bill.

For further information please call Ryan Turman at 253-9332.

SPRING TENNIS

Have you ever wanted to learn to play tennis or maybe you just want to sharpen your current skills, here is your opportunity! We will have lessons for children through adults and leagues. Watch for more information coming soon.



SENIOR PROGRAMS

BEAUTY SHOP

Open 4 days a week. Monday, Tuesday, Wednesday, and Friday. From 9 am-3pm

Prices : Haircuts \$5.00
 Perms \$15.00
 Shampoo and Set \$5.00
 Pedicures \$5.00

LADIES HOUR

Mondays from 1:00pm-3:00pm. Make an appointment at the center and have your nails done by a professional.

LEGAL AID

First Friday of every month from 11am to 1pm.
By appointment only.

MEAL PROGRAM

Monday, Wednesday, and Fridays. Breakfast is at 8:30. Lunch is at noon and the expected donation is \$2.

EXERCISE

Join our fitness incentive program and track your progress! Call the center for information at 302-1222.

Mondays: 9:00 Yoga
 10:00 Line Dancing
 11:00 Nia Exercise

Wednesdays: 9:00 Tai Chi
 10:00 Walking Group
 11:00 Exercise

Fridays: 10:00 Yoga
 11:00 Exercise
 1:00 Tai Chi

STOP IN...MAKE NEW
FRIENDS AND SEE WHAT
WHERE ALL ABOUT!

CREATIVE ARTS

Mondays at 12:30.....Ceramics
Wednesdays at 10:00.....Knitting
Wednesdays at 12:30.....Oil Painting
(Call 302-1222 for cost of supplies)
Wednesdays at 12:30.....Scrapbooking
Fridays at 12:30.....Cardmaking (every other Friday)
Wednesdays and Fridays After Lunch ...Quilting

AARP CLASSES

55 Alive Driver's Class

April 25th and 27th from 10-12 & 1-4. Take this course to refresh your driving skills! You may receive a discount on your auto insurance

TAX PREPARATION

Thursdays starting February 10th call the center for an appointment at 302-1222.

BROWN BAG

Qualified seniors can join this program and receive free groceries every other week from the Utah Food Bank. Call the center at 302-1222 for income qualifications.

DAY TRIPS

Join us for trips on Tuesdays or Thursdays in the local area. Upcoming trips include Clark Planetarium, Temple Square to see Legacy, the Movies at Jordan Landing, and many more. Call the center at 302-1222 to reserve your spot today.



MULLIGAN'S GOLF & GAMES

692 W 10600 S
South Jordan UT 84095
254-3377

Mulligan's offers two nine-hole golf courses, a large driving range, which accommodates up to 106 golfers. The teeing area consists of both natural grass and artificial turf. A double-deck practice tee with 33 climate controlled, covered hitting areas provide golfers the availability of practice year round. Mulligan's offers miniature golf, batting cages, snack bar and a full service pro shop.

LESSONS

Private Lessons	1 Hour	\$50 / \$60
Series of 3 Lessons		\$135
Series of 5 Lessons		\$200
Private Lessons	½ Hour	\$35
Series of 3 Lessons		\$95

Group Lessons Available
Gift Certificates Available

SCHEDULING

- To schedule golf lessons, call 254-3377
- To accommodate your schedule, we suggest scheduling appointments as far in advance as possible.



Spring Hours: 9am - 9pm M-Th
9am - 10pm Fri/Sat
9am - 6pm Sun
Hours are subject to change due to weather conditions.



SPECIAL EVENTS:

EASTER EGG HUNT

It's that time of year again and we are excited to announce the annual Easter Egg Hunt! We are planning a "Hopping Good Time For All." Each age group will have a specific area sectioned off and no adults will be allowed in these areas. Please remember to bring your own Easter basket or bag to collect all your goodies in!

Location: South end of the City Park
11000 South Redwood Rd

Dates: March 19, 2005
Days: Saturday
Time: 10am Sharp!
Age: 10 & under
Fee: Free



WATCH FOR MORE INFORMATION ABOUT OUR OTHER SPRING/SUMMER SPECIAL EVENTS:

- *Free Concerts on Main Street
- *Free Movies in the Parks
- *July Fest



REGISTRATION INFO

ON-LINE



Visit us on the web at:
www.sjc.utah.gov
 Secured for credit
 card payment.
 Register at your
 convenience from any
 computer!

FAX IN



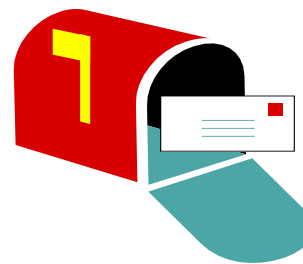
Fax a completed
 registration form to
801-254-9992
 Be sure to include your
 credit card number,
 expiration date and
 signature. Available
 24 hours a day!

WALK IN



You may register in
 person by coming
 to any of our facilities
 during open hours
 (call for hours).
 No Phone registrations
 will be accepted.

MAIL IN



Simply mail the completed
 registration form with
 payment (check payable to
 South Jordan City) to:
 Parks & Recreation
 10778 S Redwood Road
 South Jordan UT 84095

Adult Name _____ Address _____ City _____ Zip _____

Home Number _____ Work Number _____ Cell Number _____ E-mail Address _____

Emergency Contact(other than above) _____ Phone Number _____

Participant Name				Program			Fee
First	Last	M/F	Birth Date	Name	Day	Time	
TOTAL FEE							

Complete if paying by credit card:

FORM OF PAYMENT ☐ VISA ☐ MasterCard ☐ American Express ☐ Discover Card

Credit Card # _____ Expiration Date _____ Authorized Signature _____

RELEASE, INDEMNIFICATION & HOLD HARMLESS:

The undersigned recognizes and acknowledges that there are certain inherent hazards and risks connected with activities and programs of the South Jordan Parks & Recreation Department. The undersigned hereby (1) knowingly and voluntarily assumes full responsibility for such risks and hazards and, (2) agrees that I am bound by all terms and conditions of the South Jordan City rules and procedures. The undersigned is aware of the content of the programs and activities of the Parks & Recreation Department and hereby represents that the undersigned is physically, mentally and emotionally fit and capable of safely participating in such programs or activities. I agree as a condition of participation in programs or activities of the Parks & Recreation Department to release, defend, indemnify and hold harmless South Jordan City, its officers, agents, employees and volunteers harmless from and against any and all loss, judgments, damage and expense incurred by reason of any claim or liability based upon (1) personal injury (including death) or property damage to any person arising out of the negligent or intentional action of the undersigned, or (2) personal injury (including death) or property damage to the undersigned, except to the extent that such injury or damage is directly caused by the negligent acts or omissions of South Jordan City, its officers, agents, employees or volunteers.

Signature _____ Date _____

